

DAFTAR PUSTAKA

- Akbarzadeh, A., Norouziyan, D., Mehrabi, M.R., Jamshidi, Sh., Farhangi, A., Verdi, A.A., Mofidian S.M.A. and Rad, B.L. 2007. "Induction of Diabetes by Streptozotocin in Rats". Department of Pilot Biotechnology of Pasteur Institute of Iran. *Indian Journal of Clinical Biochemistry*. Vol. 2, pp. 60-64.
- Alessio, H.M. and Hagerman, A.E. 2006. *Oxidative Stress, Exercise and Aging*. Imperial College Press: London.
- American Diabetes Association (ADA). 2012. "Diagnosis and Classification of Diabetes Mellitus". (Diakses 4 November 2012, http://care.diabetesjournals.org/content/27/suppl_1/s5.full.pdf+html).
- Bellafiore, M.F., Cappello, D., Palumbo, F., Macaluso, A., Bianco, A., Palma, F.F. 2007. "Increased Expression of Titin in Mouse Gastrocnemius Muscle in Response to an Endurance-Training Program". *European Journal of Histochemistry*. Vol. 51, pp. 119-124.
- Bompa, T.O. 1994. *Theory and Methodology of Training*. Iowa : Kendall/Hunt Publishing Company 3rd Edition, pp. 14-35.
- Bubbico, A. and Kravitz, L. 2010. "Eccentric Exercise: A Comprehensive Review of a Distinctive Training Method". *IDEA Fitness Journal*. Vol. 7 No. 9, pp. 50-59. (Diakses 30 Oktober 2012, <<http://www.unm.edu/~lkravitz/Article%20folder/eccentricUNM.html>>).
- Chambers M.A., Moylan, J.S., Smith, J.D., Goodyear, L.J., and Reid, M.B. 2009. "Stretch Stimulated Glucose Uptake in Skeletal Muscle is Mediated by ROS & p38 MAPK". *The Journal of Physiology*. Vol. 587, pp. 3363-3373.
- Ciaraldi, T.P., Mudaliar, S., Barzin, A., Macievic, J.A., Edelman S.V., Park K.S. and Henry, R.R. 2005. "Skeletal Muscle GLUT-1 Transporter Protein Expression & Basal Leg Glucose Uptake are Reduced in Type 2 Diabetes". *Journal of Clinical Endocrinology and Metabolism*. Vol. 90, pp. 352-358.
- Deshmukh, A.S., Glund, S., Tom, R.Z., and Zierath J.R. 2009. "Role of The AMPK γ 3 Isoform in Hypoxia-Stimulated Glucose Transport in Glycolytic Skeletal Muscle". *AJP*. Vol. 297 No. 6, pp. E1388-E1394.

- Dunstan, D.W., Daly, R.M., Owen, N. 2002. "High-Intensity Resistance Training Improves Glycemic Control in Older Patients with Type 2 Diabetes". *Diabetes Care*. Vol. 25, pp. 1729-1736.
- Effendi, C., Santoso, K.P., Purwanto, B. 2009. *Buku Ajar Faal Sel, Cair Tubuh, Saraf Tepi, dan Otot*. Departemen Ilmu Faal, Universitas Airlangga.
- Effendi, C. dan Irwadi, I. 2012. "Translokasi Vesikel-GLUT4 Akibat Aktivitas Fisik". Seminar IAIFI Surabaya: Physiology Department Medical Faculty, Airlangga University.
- Ehrman, J.K., Gordon, P.M., Visich, P.S., Keteyian, S.J. 2009. *Clinical Exercise Physiology 2nd Edition*. Human Kinetics: United States of America.
- Ekanto, B., Sugiarto. 2011. "Kajian Teh Rosella (*Hibiscus sabdariffa*) dalam Meningkatkan Kemampuan Fisik Berenang (Penelitian Eksperimen Pada Mencit Jantan Remaja)". *Jurnal Media Ilmu Keolahragaan Indonesia*. Vol. 1 No. 4.
- Esteghamati, A., Hassabi, M., Halabchi, F., Bagheri, M. 2008. "Exercise Prescription in Patients with Diabetes Type 2". *Iranian Journal of Diabetes and Lipid Disorders*. Vol. 8, pp. 1-15. (Downloaded from <http://journals.tums.ac.ir/>, diakses pada tanggal 23 Oktober 2012).
- Fox, E.L., Bowers, R.W., and Foss, M.L. 1993. *The Physiological Basic Of Exercise and Sport Fifth Edition*. USA: Wim C. Brown Publisher.
- Ganong, W. 2008. *Buku Ajar Fisiologi Kedokteran*. EGC: Jakarta Ed. 22 Alih Bahasa, hal. 348 - 352.
- Guyton, A.C., and Hall, J.E. 2007. *Buku Saku Fisiologi Kedokteran Edisi 11*. Penerbit: Buku Kedokteran EGC.
- Haan, A.D., Lodder, M.A.N. and Sargeant, A.J. 1989. "Age-Related Effects of Fatigue and Recovery from Fatigue in Rat Medial Gastrocnemius Muscle". *Quarterly Journal of Experimental Physiology*. Vol. 74, pp. 715-726. (Downloaded from Exp Physiol by guest on December 20, 2012).
- Heleda, Dror, H., Moran, Rosenzweig, Sampson, Epstein and Meyerovitch. 2005. "Physical Exercise Increases The Expression of TNF α and GLUT 1 in Muscle Tissue of Diabetes Prone *Psammomys Obesus*". *Life Sciences*. Vol. 77, pp. 2977-2985.
- Herzog, W., Leonard, T.R., Joumaa, V. and Mehta, A. 2008. "Mysteries of Muscle Contraction". *Journal of Applied Biomechanics*. Vol. 24, pp. 1-13.

- Huzaimah, N. 2012. "Pengaruh Pemberian Model Latihan Eksentrik Terhadap Kadar Glukosa Darah Mencit Diabettes Mellitus". Fakultas Kedokteran, Universitas Airlangga.
- Indriyani, P., Supriyatno, H., Santoso, A. 2007. "Pengaruh Latihan Fisik Senam Aerobik Terhadap Penurunan Kadar Gula Darah pada Penderita DM Tipe 2 di Wilayah Puskesmas Bukateja Purbalingga". *Media Ners.* (Diakses pada tanggal 23 Oktober 2012).
- Jackerott, M., Moldrup, A., Thams, P., Galsgaard, E.D., Knudsen, J., Lee, Y.C., Nielsen, J.H. 2006. "STAT5 Activity in Pancreatic Beta-Cells Influences The Severity of Diabetes in Animal Models of Type 1 and 2 Diabetes". *Department of Medical Biochemistry and Genetics, University of Copenhagen.* Vol. 55 No. 10, pp. 2705-12.
- Joumaa, V., Rassier, D.E., Leonard, T.L. and Herzog, W. 2007. "The Origin of Passive Force Enhancement in Skeletal Muscle". *American Journal Physiology Cell Physiology.* Vol. 294, pp. C74-C78. (Diakses 28 September 2012, <http://www.the-aps.org>).
- Kinandita, H., Purwanto, B., Asnar, E. 2012. "Pengaruh Stimulasi Fisik Terhadap Perubahan Ekspresi Protein *GLUT-1* pada Fasilitas Ambilan Glukosa Otot Diabettes". Departemen Ilmu Faal Fakultas Kedokteran, Universitas Airlangga.
- Kelompok Kajian Animal Modelling Research (KKAMR). 2013. "Model Hewan Coba untuk Penelitian Diabetes - Seri 1".
- Koivisto. 1991. "Differential regulation of the *glut1* and *glut4* glucose transport by glucose and insulin in I6 muscle cells in culture". *Journal of Biological Chemistry.* Vol. 266 No. 4, pp. 2615-2621.
- Kyrolainen, H., Avela, J., McBride, J.M., Koskinen, S., Andersen, J.L., Sipilä, S., Takala, T.E., Komi, P.V. 2005. "Effects of Power Training on Muscle Structure and Neuromuscular Performance". *Scand J Med Sci Sports.* Vol. 15 No. 1, pp. 58-64.
- Lieber, R.L., Shah, S. and Friden, J. 2002. "Cytoskeletal Disruption After Eccentric Contraction-Induced Muscle Injury". *Clinical Orthopaedics and Related Research, Lippincott Williams & Wilkins.* No. 403S, pp. S90-S99. (Diakses 10 November 2012, <http://muscle.ucsd.edu/More_HTML/papers/pdf/Lieber_CORR_2002.pdf>).
- Lira, V.A., Soltow, Q.A., Long, J.H.D., Betters, J.L., Sellman, J.E., and Criswell, D.S. 2007. "Nitric Oxide Increases GLUT-4 Expression and Regulates AMPK Signaling in Skeletal Muscle". *American Journal Physiology.* Vol. 293 No. 4, pp. E1062-E1068.

- Maqsalmina, M. 2007. "Pengaruh Latihan Aerobik Terhadap Perubahan VO₂ Max Pada Siswa Sekolah Sepak Bola Tugu Muda Semarang Usia 12-14 Tahun". Fakultas Kedokteran, Universitas Diponegoro Semarang.
- Marcus, R.L., Smith, S., Morrell, G., Addison, O., Dibble, L.E., Stice, D.W., LaStayo, P.C. 2008. "Comparison of Combined Aerobic and High-Force Eccentric Resistance Exercise with Aerobic Exercise Only for People With Type 2 Diabetes Mellitus". *Journal of the American Physical Therapy Association*. Vol. 88 No. 11, pp. 1345–1354.
- McArdle, W.D., Katch, F.I. and Katch, V.L. 2010. *Exercise Physiology: Energy, Nutrition, and Human Performance 7th Edition*. Lippincott: Philadelphia.
- Media Indonesia. 2003. "Sehat: Kebugaran, Bagaimana Mencapainya?". (<http://groups.or.id/ppermail/kb/2012-December/001650.html>.)
- Moore, D.M. 2000. "Rats and Mice: Care and Management". *Laboratory Animal Medicine and Science – Series II*. ISBN: 1-55910-052-4
- Munadi dan Ardinata, D. 2008. "Perubahan Kadar Glukosa Darah Penderita Diabetes Melitus Tipe-2 yang Terkontrol Setelah Mengkonsumsi Kurma". *Majalah Kedokteran Nusantara*. Vol. 41 No. 1.
- Nugroho, A.E. 2006. "Animal Models Of Diabetes Mellitus : Pathology And Mechanism Of Some Diabetogenics". *Biodiversitas*. Vol. 7 No. 4, pp. 378-382.
- Pearce, E.C. 2002. *Anatomi dan Fisiologi untuk Paramedis*. Penerbit: PT Gramedia Pustaka Utama, Jakarta.
- Purwanto, B., Sudiana, I.K., Herawati, L., Aksono, B. 2012. "Muscle Glucose Transporter 1 (*GLUT-1*) Expression in Diabetic Rat Models". *Laporan Penelitian Unggulan Perguruan Tinggi*.
- Rajin, M. 2010. "Sholat Dhuha Dengan Gerakan Isometrik Predominan Untuk Meningkatkan Derajat Kesehatan Masyarakat". Fakultas Ilmu Kesehatan, Universitas Pesantren Tinggi Darul Ulum Jombang.
- Raney, M.A. and Turcotte, L.P. 2008. "Evidence for The Involvement of CaMKII and AMPK in Ca²⁺-dependent Signaling Pathways Regulating FA Uptake and Oxidation in Contracting Rodent Muscle". *Journal of Applied Physiology*. Vol. 104, pp. 1366-1373. (Diakses 30 Oktober 2012, <<http://jap.physiology.org/content/104/5/1366.full.html#ref-list-1>>)
- Riaz, S. 2009. "Diabetes Mellitus". *Scientific Research and Essay*. Vol. 4 No. 5, pp. 367-373. (Diakses pada tanggal 3 November 2012<<http://www.academicjournals.org/SRE>>).
- Ristow, M., Oberbach, A., Birringer, M., Kiehntopf, M., Stumvoll, M., Kahn, C.R. and Bluher, M. 2009. "Antioxidants Prevent Health-Promoting

- Effects of Physical Exercise in Humans". *PNAS*. Vol. 106 No. 21, pp. 8665-8670.
- Rose, A.J. and Richter, E.A. 2005. "Skeletal Muscle Glukosa Uptake During Exercise: How is it Regulated?". *Physiology*. Vol. 20, pp. 260-270. (Diakses tanggal 30 Oktober 2012, <http://physiologyonline.physiology.org/content/20/4/260.full.html#ref-list-1>).
- Sediaoetama, A.D. 2000. *Ilmu Gizi Untuk Mahasiswa dan Profesi Jilid 1*. Dian Rakyat: Jakarta Timur.
- Sherwood, L. 2011. *Fisiologi Manusia dari Sel ke Sistem*. EGC: Jakarta.
- Sukmaningtyas, H., Pudjonarko, D., Basjar, E. 2004. "Pengaruh Latihan Aerobik dan Anaerobik terhadap Sistem Kardiovaskuler dan Kecepatan Reaksi". *Media Medika Indonesia*. Vol. 39 No. 2.
- Szkudelski, T. 2001. "The Mechanism of Alloxan and Streptozotocin Action in B Cells of The Rat Pancreas". *Department of Animal Physiology and Biochemistry*. Vol. 50 No. 6, pp. 537-46.
- Trenell, M.I., Rooney, K.B., Sue, C.M., Thompson, C.H. 2006. "Compression Garments and Recovery from Eccentric Exercise: A P-MRS Study". *Journal of Sports Science and Medicine*. Vol. 5, pp. 106-114.
- Trinick, J. 1996. "Cytoskeleton: Titin as a Scaffold and Spring". *Curr Biol*. Vol. 6 Issue. 3, pp. 258-260.
- Wijesekara, N., Farah S.L., Thong, F.S.L., Antonescu, C.N., Klip, A. 2006. "Diverse Signals Regulate Glucose Uptake into Skeletal Muscle". *Canadian Journal Of Diabetes*. Vol. 30 No. 1, pp. 80-88.
- Williams, L. and Wilkins. 2007. *Diabetes Mellitus: A Guide to Patient Care*. Wolters Kluwer: United States.
- Willmore, J.H. and Costile, D.L. 1994. *Physiology of Sport and Exercise*. Champaign: Human Kinetics.
- Witczak, C.A., Jessen, N., Warro, D.M., Toyoda, T., Fujii, N., Anderson, M.E., Hirshman, M.F. and Goodyear, L.J. 2010. "CaMKII Regulates Contraction- but not Insulin-Induced Glucose Uptake in Mouse Skeletal Muscle". *American Journal Physiology Endocrinology Metabolic*. Vol. 298, pp. E1150-E1160. (Diakses 10 November 2012, <http://ajpendo.physiology.org/content/suppl/2010/03/12/ajpendo.00659.2009.DC1.html>).
- Wood, I.S., Trayhurn, P. 2003. "Glucose Transporters (GLUT and SGLT): Expanded Families of Sugar Transport Proteins". *British Journal of Nutrition*. Vol. 89, pp. 3-9.

- Xi, X., Han, J. and Zhang, J.Z. 2001. "Stimulation of Glucose Transport by AMP-Activated Protein Kinase via Activation of p38 Mitogen-Activated Protein Kinase". *Journal of Biological Chemistry*. Vol. 276 No. 44, pp. 41029-41034. (Diakses 31 Oktober 2012, <http://www.jbc.org>).
- Yan, Z. 2013. "Glucose Tolerance Test V 5". Virginia State University. Edu, USA.
- Zainuddin, M. 2000. *Metodologi Penelitian*. Surabaya.
- Zajko, W.J.C., Proctor, D.N., Fiatarone, M.A., Minson, C.T., Nigg, C.R., Salem, G.J., Skinner, J.S. 2009. "Exercise and Physical Activity for Older Adult". *Official Journal of the American College of Sports Medicine*. pp. 1510-1530.
- Zhan, M.E., Jin, S.E., Reecy, J.M. and Li1, Y.P. 2006. "TACE Release of TNF α Mediates Mechanotransduction-Induced Activation of p38 MAPK and Myogenesis". *Journal of Cell Science*. Vol. 120, pp. 692-701.